



Ginger Pineapple Sparkling Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



10

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ginger fresh unpeeled thinly sliced ()
- ☐ 4 cups ice cubes
- ☐ 0.3 cup juice of lemon fresh (3 to 5 lemons)
- ☐ 1 slices garnish: lemon and lime
- ☐ 0.3 cup juice of lime fresh (4 to 6 limes)
- ☐ 3 cups pineapple juice unsweetened chilled
- ☐ 3 cups seltzer water chilled
- ☐ 1 cup sugar

☐ 1.5 cups water

Equipment

☐ bowl

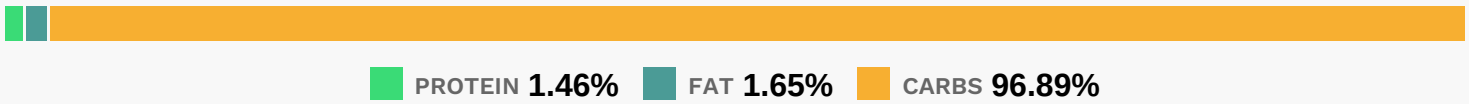
☐ sauce pan

☐ sieve

Directions

- ☐ Bring water, sugar, and ginger to a boil in a 1- to 1 1/2-quart saucepan, stirring until sugar is dissolved. Simmer, uncovered, stirring occasionally, 10 minutes, then remove from heat and steep, uncovered, 15 minutes.
- ☐ Pour syrup through a sieve into a bowl, discarding ginger. Chill, covered, until cold, about 2 hours.
- ☐ Stir together ginger syrup and fruit juices in a punch bowl or pitcher. Stir in sparkling water and ice.
- ☐ Ginger syrup keeps, covered and chilled, 2 weeks.

Nutrition Facts



Properties

Glycemic Index:13.11, Glycemic Load:18.32, Inflammation Score:-2, Nutrition Score:3.0426086880591%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg, Hesperetin: 1.43mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 125.1kcal (6.25%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 31.3g (11.38%), Sugar: 27.46g (30.51%), Cholesterol: 0mg (0%), Sodium: 24.47mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Manganese: 0.38mg (19.11%), Vitamin C: 11.74mg (14.23%), Copper: 0.1mg (4.98%), Vitamin B6: 0.09mg (4.56%), Potassium: 147.06mg (4.2%), Folate: 15.63µg (3.91%), Magnesium: 15.49mg (3.87%), Vitamin B1: 0.05mg (3.1%), Calcium: 19.61mg (1.96%), Iron: 0.3mg (1.69%), Fiber: 0.38g

(1.5%), Vitamin B2: 0.02mg (1.4%), Zinc: 0.2mg (1.36%), Vitamin B3: 0.23mg (1.14%), Phosphorus: 10.26mg (1.03%)